

**CLAIMS**

What is claimed is:

1. A method for whitening a patient's teeth comprising the steps:

(a) applying a dental whitening composition to the teeth;

(b) illuminating the teeth with light from a lamp assembly; and

(c) wherein the lamp assembly is maintained in a constant position relative to the teeth by a lamp guide comprising a first end and a second end, wherein the first end of the lamp guide is coupled, either directly or indirectly, to the patient, and the second end of the lamp guide is coupled to the lamp assembly.

2. The method of claim 1, further comprising retracting the patient's lips with a lip retractor.

3. The method of claim 2, wherein the lip retractor comprises two cheek plates each comprising an arcuate race.

4. The method of claim 3, wherein the lip retractor further comprises a cross-bar.

5. The method of claim 2, further comprising adding a retractor cover over the lip retractor.

6. The method of claim 1, wherein the dental whitening composition comprises a two part composition.

7. The method of claim 1, wherein the lamp assembly comprises a lamp head and a power assembly mounted on a light stand comprising an adjustable hinge.

8. The method of claim 7, wherein the lamp assembly is a short arc metal halide lamp.

9. The method of claim 7, wherein the lamp head comprises an IR filter and a UV filter.

10. The method of claim 2, wherein the lip retractor comprises four cheek plates.

11. The method of claim 9, wherein the lamp head further comprises a diffuser filter.

12. A system for tooth bleaching comprising:

(a) a bleaching composition comprising an oxidizing agent;

(b) a lamp assembly comprising a light source, a light output aperture and an engagement surface;

(c) a gap regulating device; and

(d) wherein the bleaching composition is configured to be applied on a tooth surface of a patient and the gap regulating device is configured to couple to the patient and to the engagement surface of the lamp assembly to set a distance between the light output aperture and the tooth surface to be bleached.

13. The system of claim 12, wherein the bleaching composition comprises a bleaching gel and an activator gel.

14. The system of claim 12, wherein the oxidizing agent is hydrogen peroxide.

15. The system of claim 13, wherein the bleaching gel and the activator gel are separately stored in a dual-barrel syringe.

16. The system of claim 12, wherein the light source is a lamp comprising mercury gas.

17. The system of claim 12, wherein the gap regulating device comprises a rod.

18. The system of claim 12, further comprising a lip retractor for retracting a patient's lips prior to application of the bleaching composition.

19. The system of claim 18, wherein the lip retractor comprises two or more cheek plates with each cheek plate comprising an arcuate race.

20. The system of claim 12, wherein the engagement surface on the lamp assembly comprises a bore.

21. The system of claim 12, wherein the gap regulating device comprises a road and a foam bite pad.

22. A system for tooth bleaching comprising:

(a) a tooth bleaching composition comprising an oxidizing agent;

(b) a lamp assembly comprising a lamp head and a power supply box mounted on a lamp post comprising an adjustable hinge;

(c) a spacer for setting a space between the lamp head and a patient's teeth; and

(d) wherein the tooth bleaching composition is configured to be applied to a tooth surface to be bleached, the lamp assembly is configured to activate the oxidizing agent from the tooth bleaching composition; and the spacer is configured to set a gap between the lamp head and the patient's teeth by coupling to both the patient and the lamp head.

23. The system of claim 22, wherein the tooth bleaching composition comprises a two part composition separately stored in a double-barrel syringe.

24. The system of claim 23, wherein the two part composition comprises a bleaching gel comprising hydrogen peroxide and an activator gel comprising water.

25. The system of claim 22, further comprising cotton rolls or gauzes for isolating the tooth surface to be bleached.

26. The system of claim 25, further comprising a lip retractor.

27. The system of claim 26, wherein the lip retractor comprises two or more cheek plates with each cheek plate comprising an arcuate race.

28. The system of claim 27, wherein the lip retractor comprises a tongue guard.

29. The system of claim 22, wherein the lamp assembly is a short arc metal halide lamp.

30. The system of claim 29, wherein the lamp head comprises a UV filter and an IR filter.

31. The system of claim 22, wherein the spacer is coupled to the lamp head by engaging a boss located on the lamp head.

32. The system of claim 22, wherein the spacer is coupled to the patient when the patient bites down on a foam pad located on an end of the spacer.

33. The system of claim 30, wherein the lamp head further comprises a diffuser filter.

34. A system for tooth bleaching comprising:

(a) a tooth bleaching composition comprising an oxidizing agent;

(b) a lamp assembly comprising a lamp head and a power supply box mounted on a lamp post comprising an adjustable hinge;

(c) a spacer for setting a space between the lamp head and a patient's teeth; and

(d) wherein the tooth bleaching composition is configured to be applied to a tooth surface to be bleached, the lamp assembly is configured to activate the oxidizing agent from the tooth bleaching composition; and the spacer is configured to set a gap between the lamp head and the patient's teeth by coupling to both the patient and the lamp head; and

(e) wherein the light is activated for a 20 minute cycle and wherein the cycle is repeated two additional times with new bleaching composition applied each time.